

MIDDLETOWN



Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+



61 Durant Terrace



(860) 638-4540

www.middletownct.gov/seniors

JANUARY 2017



2017 Membership Registration Forms Due

Each and every year we require that all of our members fill out a new registration form. Even if you are a new member, you must fill out a 2017 Registration form. Forms are available at the front desk or on our website. Please turn in your new form this month!



New 2017 Show Trips Added!!

These shows are Wednesday afternoon matinees at Ivoryton Playhouse. The bus departs at 1pm and the show starts at 2pm. \$40 each for residents—**No refunds and non-transferable**. \$50 for non-residents. First Come-First Serve

- April 5th—"My Way—A Musical Tribute to Frank Sinatra"
- June 14th—"Million Dollar Quartet"
- July 19th—"West Side Story"
- August 23rd—"Saturday Night Fever"
- November 15th—"The Game's Afoot"

Inclement Weather Policy

Please check local news stations for notices of Middletown Public Schools.

If schools are **CLOSED** for the day due to inclement weather, there are **no programs or bus trips**.

If schools have a **DELAYED OPENING** due to inclement weather, there are **no morning programs or bus trips**.

If schools have **EARLY DISMISSAL** due to inclement weather, there are **no after-noon programs**.

Lunch is served at the discretion of CRT.

New Years Social with Cannoli Pie January 12th at 2:30pm

Celebrate the New Year by joining us for our New Years Social featuring entertainment and a slice of delicious cannoli pie. \$2 pre-registration required. Space is limited.



LET US *carry*
YOUR MESSAGE
TO *Senior*
THE *Community*



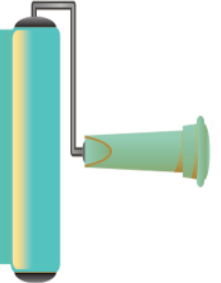
Wadsworth Glen
Health Care and Rehabilitation Center

30 Boston Road, Middletown, CT • 860.346.9299

*Quality Short-Term Rehabilitation and Long-Term Care
in a Comfortable Homelike Setting*

Managed by Athena Health Care Systems
athenanh.com/wadsworth

SUPPORT THE **ADVERTISERS**
THAT SUPPORT OUR COMMUNITY



WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT
careers@4LPi.com
www.4LPi.com/careers

LET US PLACE
YOUR AD
HERE.

RAYMOND G. LEFOLL

TAMMY L. LEFOLL

LEFOLL & LEFOLL, LLC ATTORNEYS AT LAW

Let our family protect yours

- Wills and Trusts • Elder Law • Power of Attorney
- Probate • Living Will • Real Estate
- Appointment of Health Care Representative

2301 Silas Deane Hwy.
P.O. Box 727 • Rocky Hill, CT 06067
860-563-2355 Phone • 860-257-4129 Fax
www.lefoll.com

**COUGHLIN
LASTRINA**
Funeral Home

Sebastian
Lastrina
Director

860-346-5439

491 High Street
Middletown, CT 06457

THE J.J.

VINCI OIL CO.

Celebrating Our 82nd Year!!!

Family Owned and Operated
Cash Discounts

CRT Fuel Oil Programs Participants
MasterCard & Visa Accepted
1000 Newfield St., Middletown, CT

860-632-2333

THIS SPACE IS
AVAILABLE

APPLE REHAB
Middletown

Call today for a tour!

Eleanor Ferrara-Anderson
Director of Admissions

**APPLE REHAB
MIDDLETOWN**

600 Highland Ave., Middletown, CT 06457
860.347.3315

Uncompromised Living. Uncompromised
Care. That's our **promise** to you.

Specializing in:

- Short term Rehabilitation
- Orthopedic Rehabilitation
- Long term Living

Accepting Majority of
HMO & Managed Medicare





Baking Tiny Memphis Style Vanilla Gems January 11th at 2pm

This month's baking project is learning how to make Tiny Memphis Style Vanilla Gems.

\$3 pre-registration.

Take home what you make!



Craft with Heidi

January 13th at 10:30am

Celebrate the season with our crafty snowman sachet.

With potpourri scents, this fun sachet instantly freshens up your home for the season! Please pre-register. \$3



Thank You!!! Happy New Year!!

The Middletown Senior Center Staff wants to thank all of our members for an amazing year in 2016!! Please let us know if you have any suggestions for activities in 2017 OR any favorites from 2016 that you hope to see again. We wish you a happy and healthy 2017!

Doctor Chris Health Conversation Topic— Diabetes January 17th at 2:30pm

Diabetes is a condition that prevents the body from properly using energy from food. It occurs when the pancreas does not produce insulin, or when the pancreas produces insulin, but it is resisted by the body. Stop by the Senior Center to hear Doctor Chris explain the different types of diabetes as well as treatments. FREE—Please pre-register



Early Bird Dinner Tuna Noodle Casserole January 19th at 3pm

This month's early bird dinner is tuna noodle casserole. Sign-up for this savory, comfort-food classic. Beverage and dessert included. \$5 pre-registration required.



Hand, Foot & Elbow Card Game Tuesdays at 9:30am



Do you like to socialize and play cards? Join us on Tuesdays for a fun game of hand, foot and elbow (similar to canasta). Beginners and experienced players are welcome!!

**Pokeno
January 5th
at 2pm**

Snacks and
Pokeno.

\$1 please pre-
register.

Grocery item
prizes.



Game shows

**January 24th
2:30pm**

Family Feud,
Jeopardy & Wheel
of Fortune.
Participate or
watch the game.
FREE—No
pre-registration needed.

**GAME
SHOW**

Coloring Club

Every Wed. & Fri 10:30am-12pm

Coloring books geared towards adults is a new fad sweeping the nation. Jump on board and see what this is all about! Several studies have shown that coloring has positive psychological effects. Take a mental break, have fun, socialize and color! All supplies provided. FREE

Civitan Bingo

**Note: Transportation is NOT AVAILABLE
We apologize for the inconvenience**

Up-coming Dates:

January 31st, February 28th, March 28th.
Games start at 6:30pm

**Saint Luke's Community Services
presents:**

Stop Ageism Now!

February 2nd at 12:30pm

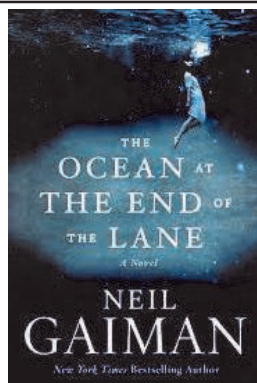
Ageism is an often overlooked barrier that exists across most communities in the U.S. Ageism puts unfair limitations on older adults' abilities to live to their fullest potential and devalues them as individuals. As part of the Middlesex County Gatekeeper Program mission to advocate for successful aging and independence, we are committed to building awareness, breaking down stereotypes and challenging attitudes to Stop Ageism Now.



**Book Club "The
Ocean at the end of
the Lane"**

Jan.23rd at 2:30pm

The books are \$3 and are
at the front desk. All are
welcome!!!



Coffee with Ann—January
17th at 10:30am. Discuss any
suggestions for new activities,
bus trips, etc.

Volunteer Club Meeting—

January 17th at
11am. Find out
ways you can get
involved!





Boggle **Fri., Jan. 6th at 1pm**

This is a fun game where you find as many words as you can in each 3 minute round.

Snacks & Prizes included. \$1 pre-registration.

Scrabble **Friday, January 20th at 1:00pm**

Come alone or come with a group to play this old classic and socialize with friends. There will be snacks!!
FREE—Please pre-register.



Ping Pong **Tuesdays 2:30-4**

Are you interested in learning how to play ping pong? If so, stop by the Senior Center on Tuesdays between 2:30-4. This class will be taught by Winfred Lee. **FREE**. Pre-registration required.



Yahtzee **Friday, Jan. 13th at 2:30pm**

The object of the game is to score points by rolling five dice to make certain combinations. The dice can be rolled up to three times in a turn to try to make various scoring combinations. \$1 pre-registration is required.

\$25,000 Pyramid **January 27th at 2:30pm**

Contestants attempt to guess a series of words or phrases based on descriptions given to them by their teammates. The title refers to the show's pyramid-shaped gameboard, featuring six categories arranged in a triangular fashion. \$1 pre-registration required.



Poker Texas Hold'em **Jan. 25th at 1pm**

Texas Hold'em is a community card poker game, with game play focused as much on the betting as on the cards being played. The goal is simple: win as many chips as you can, one pot at a time. You win a pot by having the best hand, or by having all other players fold before the showdown. No Experience Necessary. We will have card dealers for the entire game. **FREE** -Please pre-register.




Match Game **Monday, January 30th at 2:30pm**

Do you recall this game show? The game features contestants trying to come up with answers to fill-in-the-blank questions, with the object being to match answers given by the panelists. Pre-register as a contestant or panelist for this full filled event. **FREE**



Card Sharks **January 26th at 2:30pm**

This game has two contestants compete for control of a row of oversized playing cards by answering questions posed by the host and then guessing if the next card is higher or lower in value than the previous one. Prizes will be grocery items. This program is Free, but pre-registration is required.

MONDAY	TUESDAY	WEDNESDAY
<p>CLOSED</p> <p>2</p>	<p>3</p> <p>9-3 Mohegan Sun Bus Trip 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie 1:00 Therapeutic Fitness 2:30-4 Ping Pong</p>	<p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00 Beginner Billiard Less 1:30 AARP 3394 Executiv 4:30 Zumba with Bri February 2017 Lottery Begi</p>
<p>9</p> <p>9:00 Exercise 9-3 Massage Therapy 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:00 Middletuners 1:30-2:45 Dancing for Joy</p>	<p>10</p> <p>9:30 Zumba (DVD) 9:30 Hand, Elbow, Foot Card Game 10:30-3 IKEA & Fishtale Restaurant 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie 1:00 Therapeutic Fitness 1:30 AARP #3394 Meeting 2:30-4 Ping Pong</p>	<p>9:00-9:45 Exercise 9-3 Footcare 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00 Beginner Billiard Less 2:00 Baking Class 4:30 Zumba with Bri</p>
<p>CLOSED Martin Luther King Day</p> <p>16</p>	<p>17</p> <p>9:30 Hand, Elbow, Foot Card Game 9:30 Zumba (DVD) 10-3 Christmas Tree Shop & Cracker Barrel 10:30 Coffee w/ Ann 11:00 Volunteer Meeting 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 12:30 Middletuners Sing-Along 1:30 January Birthday Party 2:30 Doctor Chris 2:30-4 Ping Pong</p>	<p>9:00-9:45 Exercise 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 2:00 Guided Tour 4:30 Zumba with Bri</p>
<p>23</p> <p>9:00 Exercise 9-3 Massage Therapy 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:00 Middletuners 1:30-2:45 Dancing for Joy 2:30 Book Club</p>	<p>24</p> <p>9-3 Mohegan Sun Bus Trip 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 2:30 Game Show 2:30-4 Ping Pong</p>	<p>9:00-9:45 Exercise 9-3 Footcare 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00 Poker 4:30 Zumba with Bri</p>
<p>30</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 2:30 Match Game</p>	<p>31</p> <p>9:30 Hand, Elbow, Foot Card Game 10-3 Buckland Hills Mall Bus Trip 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie 1:00 Therapeutic Fitness 2:30-4 Ping Pong 6:30 Civitan Bingo</p>	

OPEN MRI OF CONNECTICUT

OPEN MRI OF MIDDLETOWN

Metro Square, 140 Main Street, Middletown

(860) 346-7400

"Where caring is all that surrounds you."

also located at:

Buckland Hills

Enfield

Glastonbury

860-648-4674 860-745-2288 860-657-2242

LET US PLACE YOUR
AD HERE.

SDAY	THURSDAY	FRIDAY
<div>sons</div> <div>ve Board Meeting</div> <div>ns</div>	<div>4</div> <div>9:00-12:00 Mahjong 9:30-3 CT Post Mall Bus Trip 10:00 Exercise 12:00 Lunch 12:00-1:00 Blood Pressure Clinic 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing with Jim 2:00 Pokeno</div>	<div>5</div> <div>9:30 Zumba (DVD) 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Advanced Billiard Lessons 1:00 Boggle 1:30 Pizza & A Movie</div> <div>6</div>
<div>sons</div>	<div>11</div> <div>9:00-12:00 Mahjong 9—3:30 Foxwoods 10:00 Exercise 12:00 Lunch 12:00-1:00 Blood Pressure Clinic 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing with Jim 2:30 New Year's Social</div>	<div>12</div> <div>9:30 Zumba (DVD) 10:30-12 Coloring Club 10:30 Craft w/ Heidi 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Advanced Billiard Lessons 1:30 Cribbage 2:30 Yahtzee Social February 2017 Lottery Ends</div> <div>13</div>
	<div>18</div> <div>9:00-12:00 Mahjong 10:00 Exercise 10-3 New Haven Museum & Olive Garden 12:00 Lunch 12:00-1:00 Blood Pressure Clinic 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing with Jim 3:00 Early Bird Dinner Tuna Noodle Casse- role</div>	<div>19</div> <div>9:00 Manicures 9:00 Computer Training 9:30 Zumba (DVD) 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Advanced Billiard Lessons 1:00 Scrabble 1:30 Cribbage</div> <div>20</div>
	<div>25</div> <div>9:00-12:00 Mahjong 10:00 Exercise 11:15-2:30 East Side Restaurant 12:00 Lunch 12:00-1:00 Blood Pressure Clinic 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing with Jim 2:30 Card Sharks</div>	<div>26</div> <div>9:30 Zumba (DVD) 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Advanced Billiard Lessons 1:30 Cribbage 2:30 \$25,000 Pyramid</div> <div>27</div>



CANCELLATION POLICY

- ♦ ACTIVITIES CANCELLED BY THE CENTER WILL BE REFUNDED IN FULL
- ♦ IF YOU CANCEL OUT OF AN ACTIVITY, 2 BUSINESS DAYS NOTICE IS REQUIRED TO BE ISSUED A REFUND. SPECIAL SHOW TRIPS ARE NON-REFUNDABLE AND NON-TRANSFERABLE.



Biega's Home for Funerals
 Complete Funeral & Cremation Services
 Pre-Need Counseling & Arrangements Available
 (860) 346-1055
 3 Silver Street, Middletown, CT 06457
 Family Owned Since 1939

THIS SPACE IS
AVAILABLE

**Manicures
January 20th
9am-11am**



Treat Yourself! Don't miss out on this amazing service provided at our center by Vinal Technical High School students! FREE—Please pre-register.

**Tech Support/Computer Training
January 20th 9am-11am**

If you need some technical assistance or help brushing up on your computer skills, this program is for you! This helpful service is provided at our center by Vinal Technical High School students! FREE—Please pre-

**Pizza and A Movie
January 6th at 1:30pm**

On Jan. 15, 2009, Capt. Chesley "Sully" Sullenberger (Tom Hanks) tries to make an emergency landing in New York's Hudson

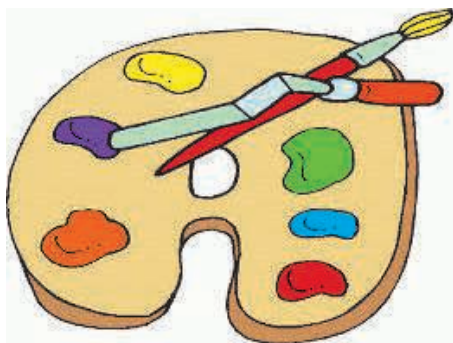


River after US Airways Flight 1549 strikes a flock of geese. Miraculously, all of the 155 passengers and crew survive the harrowing ordeal, and Sullenberger becomes a national hero in the eyes of the public and the media. \$2 cheese pizza only. Pre-registration required. Space is limited.

**February Acrylics and Appetizers
February 10th at 5:30pm**

****New Instructor by Request****

This month's painting will be a Valentine's theme. Come social-



ize and have fun with friends! Get into the holiday spirit! Absolutely no experience is needed. Register early so you don't miss out! \$10 for residents / \$12 for non-residents. Heidi will be leading this program.

Starting in February!!!!

**Get Tough Program
Every Thursday at 1:30pm**

Get off the couch and get to the Middletown Senior Center. Join our newest class to get you energized and feeling powerful. Designed for people with Parkinson's but open to everyone. And at no cost.

Take the first step and try the class. We think you will be hooked. Boxing moves, light weights and much more.

*Mostly seated work.

Pre-registration is required.

**January Birthday Party
Tuesday, Jan. 17th at 1:30pm**

Sponsored by Water's Edge Center for Health and Rehabilitation. FREE



**Guided Tour
January 18th at 2pm**

We will be offering a guided tour of our center. If you haven't seen our center and are considering membership, this is for you!



January

February

3rd—Mohegan Sun (9-3) \$4
5th—CT Post Mall (9:30-3) \$4
10th—IKEA & Fishtale (10:30-3) \$3
12th—Foxwoods Casino (9-3:30) \$4
17th—Christmas Tree Shop & Cracker Barrel (10-3) \$4
19th—New Haven Museum & Olive Garden (10-3) \$5
24th—Mohegan Sun Casino (9-3) \$4
26th—East Side Restaurant (11:15-2:30) \$3
31st—Buckland Hills Mall (10-3) \$3

2nd—Plaza @ Buckland Hill & Olive Garden Restaurant (10-2:30) \$3
7th—Foxwoods Casino (9-3:30) \$4
9th—New Britain Museum of Art/Staropolska Polish Restaurant \$6 (times TBD)
14th—Eli's Brick Oven Pizza & Trader Joes (11-3) \$4
16th—Mohegan Sun Casino (9-3) \$4
21st—Foxwoods Casino (9-3:30) \$4
23rd—Christmas Tree Shop & Dave and Busters (10:30-3) \$3
28th—Michaels Craft Store & Fishtale (10-3) \$3

Bus Trip Sign Up Procedure

The bus trip lottery is open from January 4th—13th for February trips. No entries will be accepted after January 13th. All members selected in the lottery will be notified by January 17th. Payments are due by noon on January 19th. The lottery is only for members who are Middletown Residents.

Recurring Programs/Services

(F) = Free (\$) = Cost Associated

Arthritis Exercise—Thursdays at 12:30pm (F)
Billiards—Anytime (F) Beginners—Wednesdays at 1 & Advanced Fridays at 1pm
Bingo—Wednesdays & Fridays at 1pm (\$)
Blood Pressure Clinic—Thursdays 12:00-1:00 (F)
Book Club—(\$ for book)
Cable TV—Anytime (F)
Card Games—Setback Thursdays at 12:30pm, Hand, Elbow Foot Game Tuesdays at 9:30am, and Poker 1/25 at 1pm
Ceramics—Mondays & Wednesdays at 12:30pm (\$)
Computers—Laptops are available for use anytime (F)
Cribbage—Fridays at 1:30pm (F)
Dancing for Joy—Mondays at 1:30pm (F)
Exercise—Mondays & Wednesdays 9am & Thursdays 10am (F)
Foot Care Clinic—2nd & 4th Wednesday 9am-3pm (\$)
Fun with Yarn—Knitting/Crocheting on Thursdays at 1pm (F)

Hearing Screening—3rd Wednesday of the month 12-1 (F) Sponsored by Beltone N.E.
Lending Library—Anytime (F)
Line Dancing—Thursdays at 2pm (F)
 **Starting in Feb—will be on a different day
Mahjong—Thursdays 9am-12pm (F)
Massage Therapy—1st & 3rd Monday 9am-2:30pm (\$)
Meditation—Tuesdays & Fridays at 11am led by Elizabeth (F)
Middletuners Chorus Practice—2nd & 4th Mondays from 1-3pm (F)
Movies—Tuesdays at 12:30pm (F)
Ping Pong—Check Calendar in this newsletter or by request (F) Lessons on Tuesdays at 2:30
Reflexology—By appointment (\$)
Reiki—By appointment (\$)
Sing-Alongs—Third Tuesday of the month at 12:30 (F)
Tai Chi—Mondays at 10:30am (\$)
Therapeutic Exercise—Tuesdays at 1:00pm (F)
Yoga—Wednesdays at 10am (\$)
Zumba—Wednesdays at 4:30pm (F)

Senior Services Division Contact Information
Monday—Friday 8:30am to 4:30pm

Main Number:	(860) 638-4540	
Fax Number:	(860) 343-5427	
Senior Services E-mail:	Seniors@MiddletownCT.gov	
Senior Services Website:	www.middletownct.gov/seniors	
Acting Director:	Debbie Stanley	(860) 638-4501
Senior Services Manager:	Ann Gregg	(860) 638-4548
Senior Services Coordinator:	Heidi Geores	(860) 638-4541
Senior Services Specialist:	Laura Runte	(860) 638-4542
Municipal Agent / ADA Compliance Officer:	Laura Runte	(860) 638-4542
Clerk (Rec & Community Svcs)	Alison Sprague	(860) 638-4540
Custodian/Program Aide:	John Marion	(860) 638-4540
Night Custodian:	Ramel Barnes	(860) 638-4540
Bus Driver:	Mike Rogalsky	(860) 638-4540
Café Manager/Reserve Lunch:	Vanessa Young	(860) 638-4543
Please stop in to see café manager		



Lunch Served Daily

Lunch is served daily by CRT. Reservations are required at least 24 hours in advance (860) 638-4543.

The suggested donation is \$2.50 per meal. A current form 5 must be on file. Sign-ups are booked up to 3 days in advance.

Transportation (860) 347-3313

Dial-a-Ride— The City of Middletown contracts with Middletown Area Transit to provide door to door transportation service for adults over the age of 60. The fare is \$2 one-way. Appointments for transportation must be made at least 1 day in advance 860-347-3313. An application must be on file with Middletown Area Transit. **Enhanced**

Dial-A-Ride—Adults over the age of 60 who would like free transportation to the Senior & Community Center can contact Middletown Area Transit to schedule a ride. Reservations must be made at least 1 day in advance 860-347-3313. Same day requests cannot be guaranteed.

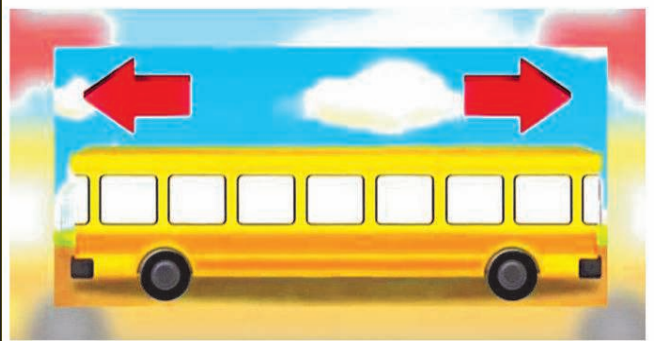
December Brain Teaser Winner

Thank you to all that participated! Our winner by random drawing is Loretta Roberts.

The answer was :

To the left. If it were driving toward the right, we'd be able to see the door for the passengers to board the bus.

Is the bus driving toward the left or right side of the paper and why?



The January brain teaser is located on the last page of this newsletter. Please fill out and return to the front desk. No additional copies will be printed.

Water's Edge Center for Health and Rehabilitation

— Premier Providers of —

• Subacute Rehabilitative Care • Alzheimer's Dementia Care • Long Term Care
Please contact Our Admissions Office at (860) 347-7286 for your personal tour!
Serving The Middlesex Community

Water's Edge
Center for Health & Rehabilitation
www.watersedgerehab.com

111 Church Street, Middletown, CT 06457

SOUTH GREEN APARTMENTS

65 Church St., Middletown, CT 06457

Currently Accepting Applications
One and Two Bedroom Apartments
Federally Subsidized
Affordable Housing for Ages 62 & Over Or Persons with Disabilities

Call South Green at 860.344.1361

To receive an application.

Financed by CHFA

Professionally managed by S.H.P. Management



**Home
Instead**
SENIOR CARE®

To us, it's personal.

We're by your side so your
loved one can stay at home.

Call for a free,
no-obligation appointment
1-860-316-2531

HomeInstead.com/714

Each Home Instead Senior Care® franchise office is independently owned and operated ©2016 Home Instead, Inc.



MIDDLETOWN AREA TRANSIT

PROVIDING PUBLIC TRANSPORTATION FOR THE GREAT-
ER MIDDLETOWN AREA FOR OVER 35 YEARS

We also provide Curb-to-Curb service for
eligible passengers to various destinations.

Visit our Website at www.middletownareatransit.org

or Call 860 346-0212, Ext. 2 For More Information.

Medicare Plans Confusing?

You're not alone...

Call

Beverly P. Goodrich Insurance

In home visit * No Fee *

860-526-4257

beverlygoodrich@comcast.net

Licensed Certified Insurance Broker

*D'Angelo
Funeral Home Inc.*

Louis J. Sarno

Joseph Sarno

22 S. Main St.,
Middletown, CT

860-347-0752

ljs1837@aol.com

www.dangelofuneralhome.com

**AVAILABLE
FOR A LIMITED TIME**

**ADVERTISE
YOUR**

BUSINESS HERE

Contact Karla Naylor to place an ad today!
knaylor@4LPi.com or (800) 888-4574 x3330

PADRE'S

860-682-5090

Unwanted car and motorcycle removal.

**Cars and cycles in yard
or garage in the way?
I'll haul them away.**



SERVING MIDDLESEX COUNTY FOR OVER 150 YEARS

ST. LUKE'S
COMMUNITY SERVICES

**Friendly
Grocery Shopper
Volunteers Needed**

- Volunteer 1 x week, every other week or even monthly
- Older adults living in Middletown in need of grocery shopping assistance
- Criminal Background check and brief orientation required
- Contact **St. Luke's Community Services** for more info. (860) 347-5661
- Download Volunteer application at www.stlukeshome.org

**THIS SPACE IS
AVAILABLE**

Middletown Prime Times
61 Durant Terrace
Middletown, CT 06457

Standard Mail
U.S Postage
PAID
Permit #38
Middletown

January 2017 Senior (60+) Brain Teaser

How many numbers do you see?

Write them down: _____

694

Name: _____

Phone: _____

One entry per person.
Please turn in your entry before the last business day of the month. One winner will be chosen at random from all correct entries on the first business day of February 2017.